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File: USPT

Mar 21, 2000

DOCUMENT-IDENTIFIER: US 6039688 A

TITLE: Therapeutic behavior modification program, compliance monitoring and feedback system

Brief Summary Text (11):

In an exemplary scenario, a physician prescribes parameters and goals for a such a therapeutic behavior modification program to help a patient recover from an ailment or surgical procedure, and these are input into the computer-implemented system. Alternately, one of several established behavior modification programs that have been designed for patient recovery from particular ailments or procedures can be utilized. The system provides a novel interface that allows immediate patient access to the behavior modification program and helps monitor compliance with the program by prompting the patient to input data relating to his or her adherence to the program's parameters. These parameters may relate, for example, to diet, exercise, and other factors pertinent to the behavior modification program. The patient, physician, case manager or members of the physician's staff may also input information relating to blood pressure, medication, and the results of other medical tests on a computer linked to the system. Using this input, the system can recommend a plan (also referred to as a therapeutic program) and goals based on established medical protocols. The physician can modify the program to customize it for the patient. Once the patient has begun to follow the program, the system recommends modifications and updates to both physician and patient by correlating the patient's progress with previously established goals.

Brief Summary Text (12):

The system provides ongoing multimedia (audio, video, and e-mail) feedback to the patient through a novel, user-friendly interface designed around an interactive "village" or "community of support" motif that allows him or her to navigate electronically through different parts of the system. The interface provides access to pertinent medical information, an on-line journal that enables the patient to write down his or her feelings on a regular basis, an electronic calendar which integrates events mandated by the program with the patient's daily schedule, on-line interactive group support sessions with patients on similar programs, and motivational multimedia presentations. The system can make specific diet and exercise suggestions based on the patient's overall program. This data is monitored by a professional case advisor--a nurse trained in the protocols of the system's software--as well as electronically by the system's protocols themselves. The system provides specific feedback to the physician so that he or she can modify or update the program as the patient progresses; and in the aggregate to the health plan payor to assess management and cost factors. The health plan payor can also view individual records which are obtainable after receiving the proper medical release from the patient. By providing several channels of continuous feedback among the patient, physician, professional case advisor, and health plan payor through custom designed interfaces, the system helps enhance patient compliance with the behavior modification program, and can help make the overall health care system more efficient.

Detailed Description Text (3):

Referring to FIG. 1, in a presently preferred embodiment of the invention, the patient 10, physician 12, case advisor 14, and health plan payor 16 (such as an

HMO, insurance company or self-insured employer), all provide input to and/or receive output from the therapeutic behavior modification program's compliance monitoring and feedback system. The case advisor may be a doctor, nurse, and/or other trained medical professional experienced in case management protocols and practices. Patients electronically interact with the system, the case advisor and their doctor through the system interface 18. The behavior modification program is customized to fit the health care and recovery needs of individual patients. The system provides at least two separate benefits: it helps the patient comply with the program through an electronically-implemented support mechanism; and further assists in monitoring such compliance.